

Supporting Document 2

Title V / Maternal and Child Health (MCH)
Non-Competitive Safe Sleep Mini-Grants

SAMPLE ACTION PLAN

The below activities are provided only as examples and do not offer an exhaustive list.

Goal: Incorporate state provided safe sleep educational materials into all relevant activities to promote consistent and culturally sensitive messaging statewide.		
Objective 1: By December 2017, parents and caregivers will be educated on the practices of safe sleep, including the benefits of breastfeeding and tobacco cessation, utilizing state developed materials.		
Activities (Note: the bolded activities listed below are required).	Time Line to Complete	Team Member(s) Responsible
<ul style="list-style-type: none">• All staff involved in providing safe sleep education will complete the required online SIDS training as provided by the North Dakota Department of Health (NDDoH) Infant and Child Death Services (ICDS) Program.• Order state developed/supplied educational materials.• Provide the state provided safe sleep materials to mothers enrolled in childbirth classes in both counties served.• Incorporate safe sleep education and the risk factors for second-hand smoke for babies into babysitting class curriculum for youth.• Evaluate knowledge of safe sleep by class participants utilizing a brief pre and post-test. Pre and post-test will be a verbal conversation with class participants and responses recorded by the class leader.	January 30, 2017	- Jane Doe - project manager, childbirth and babysitting class educator for Best District Health Unit.
	January 30, 2017	
	January – December 2017	
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Sample activities: (Modifiable based on each programs specific needs and available resources).

- Incorporate safe sleep education within childbirth education classes.
- Incorporate safe sleep education and the risk factors for second-hand smoke for babies into babysitting class curriculum for youth.
- Evaluate knowledge of safe sleep by class participants.
- Work with WIC partners to ensure consistent safe sleep messaging is provided to families.
- Refer families to a Cribs for Kids program for those without access to a safe sleep environment.
- Work with child care providers to assure consistent safe sleep messaging and education are provided to families.
- Partner with local clinics (OB/GYN and Pediatric) to utilize safe sleep educational materials.
- Develop a safe sleep task force/workgroup to develop activities related to safe sleep education in the community.
- Utilize Bright Futures Guidelines for Health Supervision of Infants, Children and Adolescents to provide guidance in leading discussions with families regarding safe sleep practices.
- Develop a press release on SIDS prevention to be released during SIDS Awareness Month in October.